

STALL IAR

STRENGTH

S.

BEND HIGH HANG'G - SLOW ARM

STETCH'G AGAINST TIME.

(FEET SUPPORTED)

S.

OPP. BOW HANG'G - T. LIFT'G.

+ BARR.

S.

OPP. GRASP FOOT SUPPORT HOOK SITT.
ALT. + DOUBLE LEE STRETCH 'G
+ FORW. PULLING OF T.

+BACK.

5.

OPP. SUPP. RG. STR. ST. - ARM
BEND'G + STRETCH'G.

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5.

OPP. GRASP BOW SITT. - T. LIFT'G.

S.

HJ. ST. W. SUPPORT.

55

S.

BEND HIGH H₂O - SLOW ARM STRETCH 1/6.

S.

OPP. STRD. L. HC'C - T. LIFT'C.

+ BACK.

57

S.

OPP. GRASP STR. LONG SITT. T. PULLING
FORW.

(QUICK CHANGES - FROM
BK. LYING TO BOW SITT.)

+ JACK.

S.

STR. L HANG'G - T. LIFT'G WITH HELP.
(WHEELBARRROW)

+ BACK.

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